

Mindfulness Colouring Sheet

Whether you're 6 or 60, you're never too old to get creative. Drawing is scientifically proven to help you relax, and even as an adult, it's still a lot of fun. Besides, it's good to give your mind some time to unwind. So, forget your worries for a moment and just focus on adding some colour to this design. Take a deep breath, sit back, and relax.



It's what we do

Top Tip

You could create a gift card or a nice note from your drawing and send it to someone you love. Have fun!

Challenge

After you've done some drawing for 10 or 15 minutes, take a moment to check in with yourself and see how you feel. Does your body feel more relaxed? Is your mind still racing?

Mindfulness Techniques

One in four people experience a mental health problem in any one year. That's someone in every family, every friendship circle, and every business. It could even be you.

After you've done some drawing for 10 or 15 minutes, take a moment to check in with yourself and see how you feel. Checking in and taking mental notes can help you improve the quality of your day-to-day life and become more aware of what your mind and body need. You could even start a journal to help you keep track.

Try the exercises below and see how you get on.

Body scan

First of all, take a seat and place your hands on your lap. Then, close your eyes and take 10 deep breaths. Starting from the top of your head, scan down your body and notice how you feel. Did you respond well to the drawing exercise? Does your body feel more relaxed? Can you feel any aches or pains? Are your thoughts calm or restless? Let yourself know.

Relax and breathe

It might sound silly, but breathing can do wonders for your mental health. Usually, your brain breathes for you automatically, but when you take control, you can use your breath to do amazing things. Breathing exercises can help you increase oxygen intake, lower your blood pressure, reduce anxiety, and even control your internal body temperature. Find a breathing exercise online and give it a try.

Weekly review:

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What I'm grateful for:

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Things I have learnt:

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My goals for next week:

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